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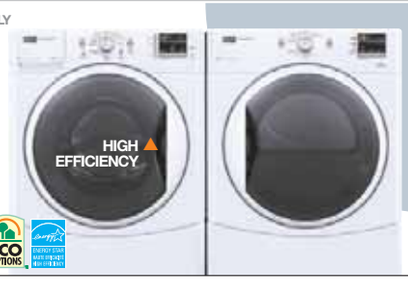

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APPLE BARS
TRY THEM WITH A SCOOP OF ICE CREAM ON TOP {page 34}

BOUNTY HUNTER
KATHERINE HEIGL SNAGS THE TOUGH ROLE {page 28}

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▶ Paul Brandt poses for pictures at Wednesday's Stampede announcement.

CANDICE WARD/FOR METRO

Brandt to perform at Stampede

Country music star Paul Brandt will perform all 10 nights of the Calgary Stampede Grandstand show, organizers announced Wednesday. **See story, page 3.**

Ontario couple recounts similar attack in Mexico

▶ The pair was staying at the same hotel as Calgary resident Sheila Nabb ▶ No investigation was launched in that incident

KATIE TURNER
@METRONEWS.CA

Following a brutal attack on a Calgary woman at a five-star Mexican resort, an Ontario couple has come forward with a similar experience near the same hotel.

Sarah Giddy said she received a message from a friend on Monday, telling her 37-year-old Sheila Nabb had been attacked at the same resort where she had stayed 10 months prior.

"I read that and my heart just dropped," she said. "I called (my husband) Scott and said, 'Oh my God, this has happened to somebody else.'"

In March, Sarah and her husband decided to leave Fergus, Ont., on a last-minute trip to Mexico with Sarah's sister and a friend.

One evening they were eating dinner at a restaurant near their hotel, the Riu Emerald Bay in Mazatlan.

Scott had gone to the washroom and minutes later a woman rushed to their table, telling Sarah her husband was hurt.

"As soon as we got outside there was a huge pool of blood on the ground, and Scott was leaning up against the building and he had blood pouring out of his left ear," she said.

Scott said he doesn't remember anything about the attack and only recalls waking up in hospital days later. He has since lost his sense of smell but said he is glad he didn't sustain further brain damage.

Since learning of the other attack, the Giddys said they can't stop thinking about Nabb.

"My first reaction was I want to go down there and try to help her and her family," said Scott, but added they will never travel to Mexico again.

"I hate to say don't go to Mexico, but the safest way to avoid any trouble is to not go to Mexico."

WITH FILES FROM THE CANADIAN PRESS

Concerned brother

- **Mexican officials:** Paul Giles, brother of Sheila Nabb, issued a statement Wednesday saying he's concerned that a statement from Mexican officials could be misinterpreted.
- **Translation:** Mexican authorities had issued a statement in Spanish that could be translated to suggest the attack on Sheila Nabb was the result of "domestic violence."
- **"Loving couple":** Giles described Sheila and her husband Andrew Nabb as a "loving couple," and he stated that Andrew is "innocent of any form of abuse."

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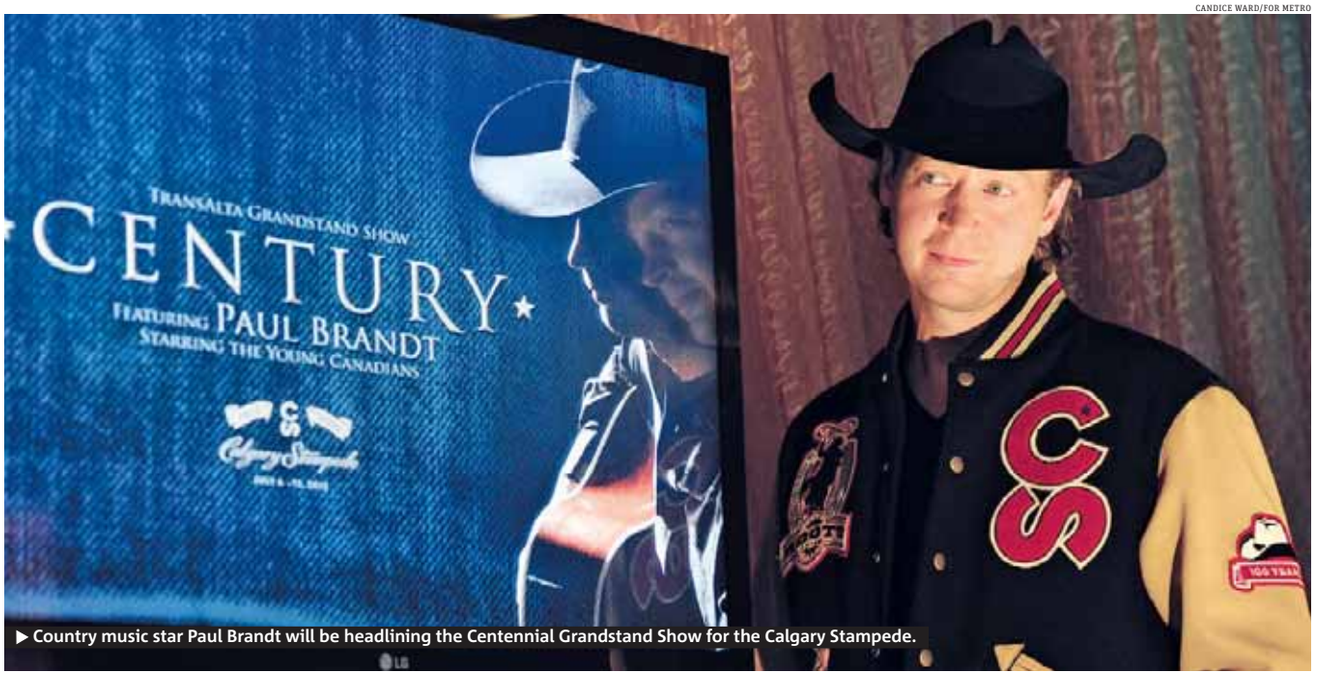

▶ Country music star Paul Brandt will be headlining the Centennial Grandstand Show for the Calgary Stampede.

Paul Brandt to headline 2012 Stampede Grandstand show

- The Stampede Grandstand show will begin every night at 8
- Ticket prices range from $52 to $389.25 including all taxes and fees

R WARD
CALGARY@METRONEWS.CA

The Calgary Stampede's centennial year is already being kicked off with a bang.

Paul Brandt, who got his big start at the 1992 Calgary Stampede, has been announced as the headliner of the Grandstand show, "Century," for each of the 10-night performances.

"It is an incredible honour," said Brandt, after the Wednesday morning announcement.

"This is an exciting and natural partnership."

Even though Brandt is an accomplished country music star, he said he still gets butterflies when he thinks about performing at the Stampede's centennial.

"I think of those bull riders before they come out of the chutes," said Brandt.

"It's the same feeling when I step out on that stage."

In 1992, Brandt won the Youth Talent Showdown — now known as the Calgary Stampede Talent Search — and it launched his career as a recording artist.

"We are thrilled to announce that Century will feature and showcase the talents of a homegrown country music sensation," said Mike Casey, president and chairman of the board, Calgary Stampede.

"I cannot think of a better person to help celebrate our 100th year."

The show will also feature The Young Canadians of the Calgary Stampede and will run nightly from July 6 to 15.

Brandt's Now Tour is making its way across Canada.

For tickets to this year's Grandstand show, visit calgarystampede.com/tickets.

Brandt basics

- Brandt is the most award-winning male Canadian country artist in history.
- He also performed for the Duke and Duchess of Cambridge during their Canadian Tour.
- His Give It Away album was named the Canadian country album of the year 2011 from iTunes Rewind.
- Brandt and his family have recently moved back to Alberta.

1 news

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KATIE TURNER/METRO

▶ Premier Alison Redford, centre, along with CEO of The Alex, Shelley Heartwell, cut the ribbon to the new Youth Health Bus.

Bus brings health care to students

A physician, nurse and youth worker to be on board
This year marks 40th year of service for The Alex

KATIE TURNER
@METRONEWS.CA

Students who may not have a family physician, an Alberta health-care card or possibly haven't received medical attention in years will now have access to health care outside the doors of their high schools.

The Alex, a Calgary organization providing multidisciplinary health care to vulnerable citizens, has launched the Youth Health Bus.

The first of its kind in Canada, the bus will be stopping at Calgary high schools to address both physical and mental medical needs.

4
The Alex's Youth Health Bus will be on the road four days a week and will be visiting eight high schools.

Shelley Heartwell, CEO of The Alex, said many at-risk students simply don't know how to access adequate health care. "If you can take the service right to the students, then they'll actually come on," she said.

Premier Alison Redford was on hand to launch the bus and said The Alex is taking health care in the right direction.

"I have to say that looking at that bus and knowing that there's no barrier between people who are standing in this hallway and that door is going to change people's lives," she said to the audience at Forest Lawn High School. "We're going to have to think differently about how we deliver health care."

Calgary libraries reach 17M borrowing record

KATIE TURNER
@METRONEWS.CA

Books were flying off the shelves at libraries across the city last year, resulting in the Calgary Public Library reaching a record high in items borrowed.

With 17-million items borrowed in 2011, the number exceeds the previous year's total by more than half-a-million items.

"The library is a community gathering place," said Grant Kaiser, manager of marketing for the Calgary Public Library.

"Calgarians do business, meet up with friends, and even read their own books and use their own computers in our branches because they love the buzz, the people, and the sense of life in today's library."

METRO FILE

▶ Calgary's libraries had a record year for items borrowed.

Calgary only falls behind Toronto, Los Angeles and three of New York City's libraries in terms of borrowing in North America.

It's estimated that there is at least one library user in 70 per cent of Calgary households.

A place to read

- Of the 17-million items borrowed, 322,000 were e-books.
- According to the Calgary Public Library, on average, Calgarians borrow at a rate of one item every two seconds 24-7.
- Of the 2.2-million items at the Calgary Public Library, more than 1.5-million items are under five years old.
- More than 500,000 are less than one year old.
- There are 18 library branches across the city.

Hospitals to see new beds for newborns

Newborns needing critical care in Calgary hospitals will get a boost after an announcement made Wednesday in the city.

Bolstered by a $5-million donation from Calgary philanthropists Heather and Murray Edwards, an $8.5-million plan to add 14 new neo-natal intensive care beds was launched at the Alberta Children's Hospital.

The additional beds, scheduled to be available next year, will increase Level 3 NICU capacity by 56 per cent.

This will also reduce the need for neonatal patients with complex conditions or who require surgeries to travel between hospitals in Calgary.

"While these new beds will improve care, reduce transfers and provide better access to specialists, the most important need they fulfil is allowing Alberta families to remain closer together during these critical times in a newborn's life," said Premier Alison Redford.

56%
A $5-million donation from Calgary philanthropists Heather and Murray Edwards will help increase Level 3 NICU capacity by 56 per cent.

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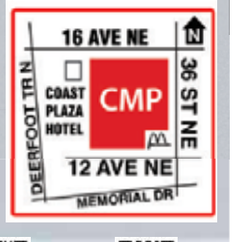

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YOUTH CRIME

Accused in shooting of 5-year-old appear in court

Three youths accused in the fatal shooting of a five-year-old boy on a troubled central Alberta reserve have reserved their pleas.

The three appeared in Wetaskiwin court where their case was put over until Feb. 15.

The teens are charged in the manslaughter of Ethan Yellowbird from the Samson Cree First Nation in Hobbema last July.

The boy was sleeping in his bed when a bullet fired from outside his bedroom wall struck him in the head.

The youths were arrested earlier this month.

Police say they were 13, 16 and 17 at the time of the shooting and are all from the Hobbema area. THE CANADIAN PRESS

Edmonton MP vows to drive sober

In his first public appearance since charges of refusing to provide a breath sample on Dec. 4, Edmonton MP Peter Goldring said he drank just one beer before being pulled over by police.

"I was not under the influence of any alcohol or intoxicating substance," Goldring said outside the court on Wednesday.

Goldring arrived just before 11 a.m. for his first court appearance, meeting with his lawyer privately before speaking to media outside, with his wife Lorraine looking on.

Lawyer Dino Bottos said Goldring's case has been put off until Feb.15.

1 The number of drinks Edmonton MP Peter Goldring said he drank before allegedly refusing to provide a breath sample to police Dec. 4.

He expects a fall trial.

Goldring, who was first elected in 1997 under the Reform banner, did not say why he allegedly refused to provide a breath sample.

He did vow to never have a drink and drive again.

"If there's any time in there that I might have a drink or two, my wife is my secondary driver."

SHELLEY WILLIAMSON

Wheels still turning on bike-sharing program

Early estimates from bureaucrats outline a cost of around $2.5 million to launch the program If approved, plan could be introduced in 2014

KATIE TURNER
@METRONEWS.CA

Plans for a public bike-share program will continue rolling with a funding strategy set to make its way toward council in the fall.

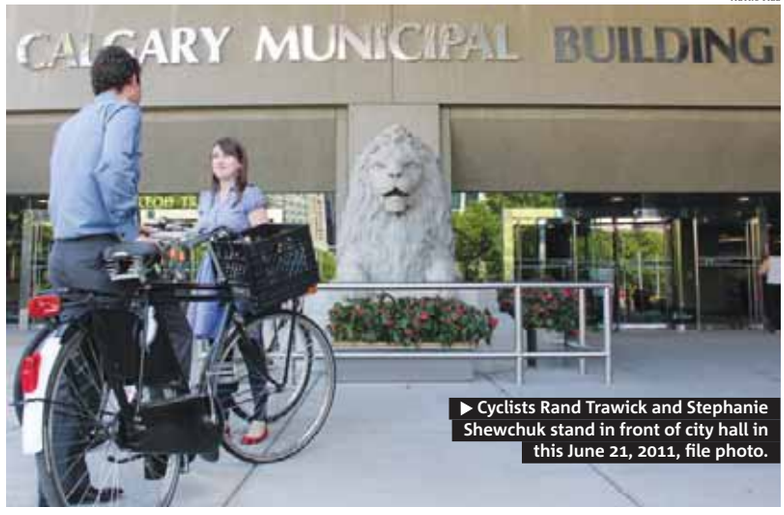
Despite differing opinions amongst aldermen and cycling advocates, a committee gave city administration the go-ahead to continue exploring the program, which could see as many as 400 bikes for rent at 40 stations around the city.

Manager of transportation Mac Logan said by the time the bike-share program would be introduced, the city plans to have additional cycling infrastructure in place.

"There needs to be a more comprehensive network in the downtown core, there's no doubt about that, but it won't happen overnight, nor will the bike-share program."

Gary Beaton, president of the Tour de Nuit Society, said he remains skeptical.

METRO FILE



▶ Cyclists Rand Trawick and Stephanie Shewchuk stand in front of city hall in this June 21, 2011, file photo.

"It's exactly putting the cart before the bike and I don't know how they think this is going to work," he said. "In the last 40 years, we haven't seen much progress."

Ald. Druh Farrell said it's too premature to make any decisions.

"Everyone agrees that we need to have the bike infrastructure in place before bike share is successful, so the next step is to examine a more robust business plan."

Survey

- In a survey of 3,000 downtown employees, excluding city employees, 1,600 said that they would utilize a public bike-share program, according to a city report.
- Many other Canadian cities operate a bike-share program including Montreal, Ottawa, Toronto and Golden, B.C.
- The bikes would likely be removed from the streets in the winter months

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New budget to reflect native concerns: Feds

Education needs urgent attention, national chief Shawn Atleo says ◐ Urges chiefs to work with Ottawa

The next budget will reflect shared concerns of First Nations leaders and the federal government, John Duncan, the aboriginal affairs minister, said Wednesday during talks with the chiefs in Ottawa.

Included in the budget will be a pledge to reform aboriginal education, Duncan said, noting that he and national chief Shawn Atleo have "shared priorities."

"We are obviously motivated by economic development and a jobs agenda and we think that is consistent with the national direction as well," Duncan said.

But some chiefs expressed frustration after Tuesday's day-long meetings between Harper, his cabinet and native leaders.

FRED CHARTRAND/THE CANADIAN PRESS

▶ John Duncan, left, and Chief Darcy Bear confer in Ottawa on Wednesday.

"We have epidemic health and social issues, gross inequities in funding for our students and virtually no share in the billions in resources being stolen from our traditional territories," said Chief Patrick Madahbee of the Anishinabek Nation. "What we heard from Harper was a lame rehashing of his government's so-called accomplishments for our communities and citizens."

Attawapiskat Chief Theresa Spence said the crises with some First Nations have been ongoing for many years. "So for the government to say, 'We're going to do a report by 2013,' that's a long time."

Atleo acknowledged there have been years of studies and task forces on the issues facing native communities. But he said the point of Tuesday's talks was to get both sides working together.

"This is about moving away from government unilaterally deciding what they feel is right for First Nations," he said. "That's not a partnership."

THE CANADIAN PRESS

Labour. Action

▶ Members of the Canadian Auto Workers picket a site in Ingersoll, Ont., on Wednesday where an Electro-Motive locomotive was on a side-rail track, preventing it from being moved. Electro-Motive workers in nearby London have been locked out since Jan. 1.

DAVE CHIDLEY/THE CANADIAN PRESS

Pickets hit the rails to protest lockout

Eight more charged in Stanley Cup riot

Eight people face charges in the Stanley Cup riot in Vancouver, bringing the total to 38 out of the 100 suspects that police have recommended charges against so far.

The Crown has approved 26 charges against the latest suspects, mostly men aged 18 to 26, half of them from Surrey, B.C. Most stand accused of participating in a riot, break-and-enter and mischief, but Sean Yates, 22, of Burnaby is also charged with assaulting a police officer while Arian Anwari, 18, of Surrey is accused of carrying a dangerous weapon.

Vancouver police say they expect to make more charge recommendations, adding that hundreds more pictures of suspected rioters will be released over the next few weeks.

The first two people to admit their guilt in the riot have had their cases delayed by legal arguments over the province's plan to have TV cameras in the courtrooms.

THE CANADIAN PRESS

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Dogs seized from alleged puppy mill

Dozens of dogs have been seized from an alleged puppy mill near Winnipeg.

The dogs were loaded from a barn onto trailers and taken to the Winnipeg Humane Society for examination by veterinarians.

71 RCMP and provincial animal services officers took 71 animals Tuesday night from a property north of Winnipeg.

The site was reportedly being used to breed American bulldogs and lhasa apsos.

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Drugs found inside hollowed fruit

Six southern Ontario residents have been charged after drugs were found in fruit shipments in New Brunswick and Windsor, Ont.

The RCMP say the investigation started when border officials seized a marine container in Saint John, N.B., last August and found 19 kilograms of cocaine in hollowed-out pineapples.

CKLW/AM640/THE CANADIAN PRESS

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Official expects faster review of energy projects

New regulatory process to be introduced within a year: Joe Oliver

Canada's Natural Resources Minister Joe Oliver says he expects legislation to be introduced this year as a way of streamlining the regulatory process and preventing excessive delays on major energy projects.

Oliver made his comments in a speech Wednesday afternoon to the Calgary Chamber of Commerce as lengthy public hearings continue on the Northern Gateway pipeline from Alberta to northwestern British Columbia.

Enbridge wants to build a 1,170-kilometre twin pipeline that would carry oilsands bitumen from Alberta to Kitimat, B.C., where huge tanker ships would transport it to Asia.

Public hearings into the proposed $5.5-billion pipeline got underway in Alberta this past week. More than 4,000 individuals have signed up to speak about the project in hearings across Alberta and B.C. over the next 18 months.

"We need to make sure that the regulatory process occurs within a defined and limited time frame so they don't go on forever."

NATURAL RESOURCES MINISTER JOE OLIVER

"One wild card remains — an unpredictable, often increasingly lengthy and needlessly complex regulatory process. Bad processes do not produce good environmental outcomes," Oliver said in his half-hour speech.

"There is risk of abuse. The prime minister used the term hijacked by those who oppose the development of hydrocarbons on purely ideological grounds," he added.

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Texas. Storms

▶ Linn Macejewski and her daughter, Brinn Lewis, 16, take a look at a washed-out water-crossing Lane in the Tahitian Village suburb of Bastrop, Texas, on Wednesday.

AUSTIN AMERICAN-STATESMAN/RODOLFO GONZALEZ/THE ASSOCIATED PRESS

Thousands without power

Rainstorms and strong winds across parts of Texas have left thousands of people without electricity and facing the threat of worse conditions.

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GETTY IMAGES

▶ Ready for anything: A SEAL team practises fast roping from a Seahawk helicopter during a training exercise in California.

SEAL-ed!

Same U.S. team that killed Osama bin Laden rescues hostages in daring raid into Somalia

DANISH REFUGEE COUNCIL/THE ASSOCIATED PRESS

▶ Freed: Thisted and Buchanan.

They did it again!

The crack U.S. Navy SEAL team that killed Osama bin Laden parachuted into Somalia under the cover of darkness early Wednesday and scored another bold triumph.

They crept up to an outdoor camp where an American woman and Danish man were being held hostage.

Soon, nine kidnappers were dead — and both hostages were freed.

U.S. President Barack Obama authorized the mission by SEAL Team Six two days earlier. And minutes after he gave his State of the Union address to Congress, he was on the phone with the American's father to tell him his daughter was safe.

Held captive since last fall, American Jessica Buchanan, 32, and Poul Hagen Thisted, a 60-year-old Dane, were soon safely on their way home.

It was the second splashy SEAL Team Six success in less than a year, following last May's killing of bin Laden in Pakistan.

The Pentagon was tight-lipped about details Wednesday, citing a need to preserve the secrecy that can give SEALs an edge against terrorists, criminals and others they are ordered to kill or capture.

Special operations forces, trained for clandestine, small-team missions, have become a more prominent tool in the military's kit since the Sept. 11, 2001, attacks. The Obama administration is expected to announce on Thursday it will invest even more heavily in them.

The raid happened near the town of Adado.

The U.S. raiders caught the kidnappers as they slept after having chewed the narcotic leaf qat for much of the evening, a pirate who gave his name as Bile Hussein told The Associated Press by phone.

Pentagon press secretary George Little said the captors were heavily armed and had "explosives nearby" when the rescuers arrived.

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Son 'stupid' but not killer: Lawyer

Defence pleads with jury to end Shafia family's 'Kafkaesque' ordeal

A young man accused of killing his three sisters and the first of his father's two wives is only guilty of being "stupid" and "morally blameworthy," but neither he nor his co-accused parents deserve to be in this "Kafkaesque" scenario, court heard Wednesday.

Hamed Shafia, 21, and his parents Mohammad Shafia, 58, and Tooba Yahya, 42, are on trial for four counts each of first-degree murder, accused by the Crown of killing their four female relatives in a so-called honour killing. They have pleaded not guilty.

Four months after the family's July 22, 2009 arrests, Hamed told a private investigator he was there when the car went in the canal. He said he had followed them from the motel as a concerned brother.

He rear-ended them near the scene, he said, and while he was picking up pieces of headlight he heard a splash and ran to the edge of the canal.

THE CANADIAN PRESS

Crime scene

- The Crown alleges the girls and their mother were dead, or at least incapacitated, before they went into the canal.
- Hamed Shafia's lawyer Patrick McCann, as well as the lawyers for his parents who addressed the jury Tuesday, scoffed at that notion. "How would it be done?" McCann said. "Just the practicality of doing it, it's implausible."

FRANK GUNN/THE CANADIAN PRESS

▶ From right, Tooba Yahya, Mohammad Shafia and their son Hamed Mohammed Shafia, are escorted into the Frontenac County courthouse in Kingston, Ont., on Wednesday.

Cat in cockpit delays flight

PHILIP CROUCHER IN HALIFAX

Forget about snakes on a plane. A pesky feline left airport officials in Halifax scratching their heads Wednesday.

An Air Canada flight to Toronto from Halifax scheduled to depart at 5:30 a.m. was delayed for more than four hours after a cat escaped from its owner's carrier prior to takeoff, then made itself comfortable inside the cockpit by squeezing inside some panels near wiring.

With the cat refusing to come out, the decision was made by Air Canada to stop boarding the flight and passengers on the plane had to go back into the waiting area. Maintenance workers then came on scene to remove panels and dissemble part of the cockpit before the cat was retrieved, unharmed.

CTV SCREEN GRAB

▶ Ripples the cat.

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Driver on rampage kills 9

Man rams bus down crowded street in India Another 27 injured

A bus driver mowed down pedestrians and rammed cars, scooters and food stalls in a rampage through crowded Indian streets Wednesday that killed nine people and injured more than two dozen.

Police chased the bus for an hour through the streets of the central city of Pune, with traffic officers firing on it in an attempt to stop it, before they managed to arrest the 30-year-old driver. He is being held on murder charges.

"He just went berserk, slamming into people, cars, school buses, scooters and vegetable stands."
PUNE POLICE COMMISSIONER MEERAN BORWANKAR

The licensed bus driver had driven his route as normal Tuesday, but on Wednesday he jumped into another driver's bus and took off, police said.

Pedestrians tried to flee, with some throwing children out of the way of the oncoming bus, said Pune police Commissioner Meeran Borwankar.

"He went on ramming vehicles, hitting pedestrians. He was in such a dangerous mood," she said.

Food stalls were reduced to piles of squashed produce and broken beams, while at least 40 cars were crushed.

The injured were being treated in three hospitals.

Police have ruled out terrorism as a possible motive but were seeking more answers in questioning the driver, Borwankar said.

The mayor of Pune has appealed for calm.

THE ASSOCIATED PRESS

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▶ People look at damages after a bus was driven into vehicles and pedestrians in Pune, India, on Wednesday.

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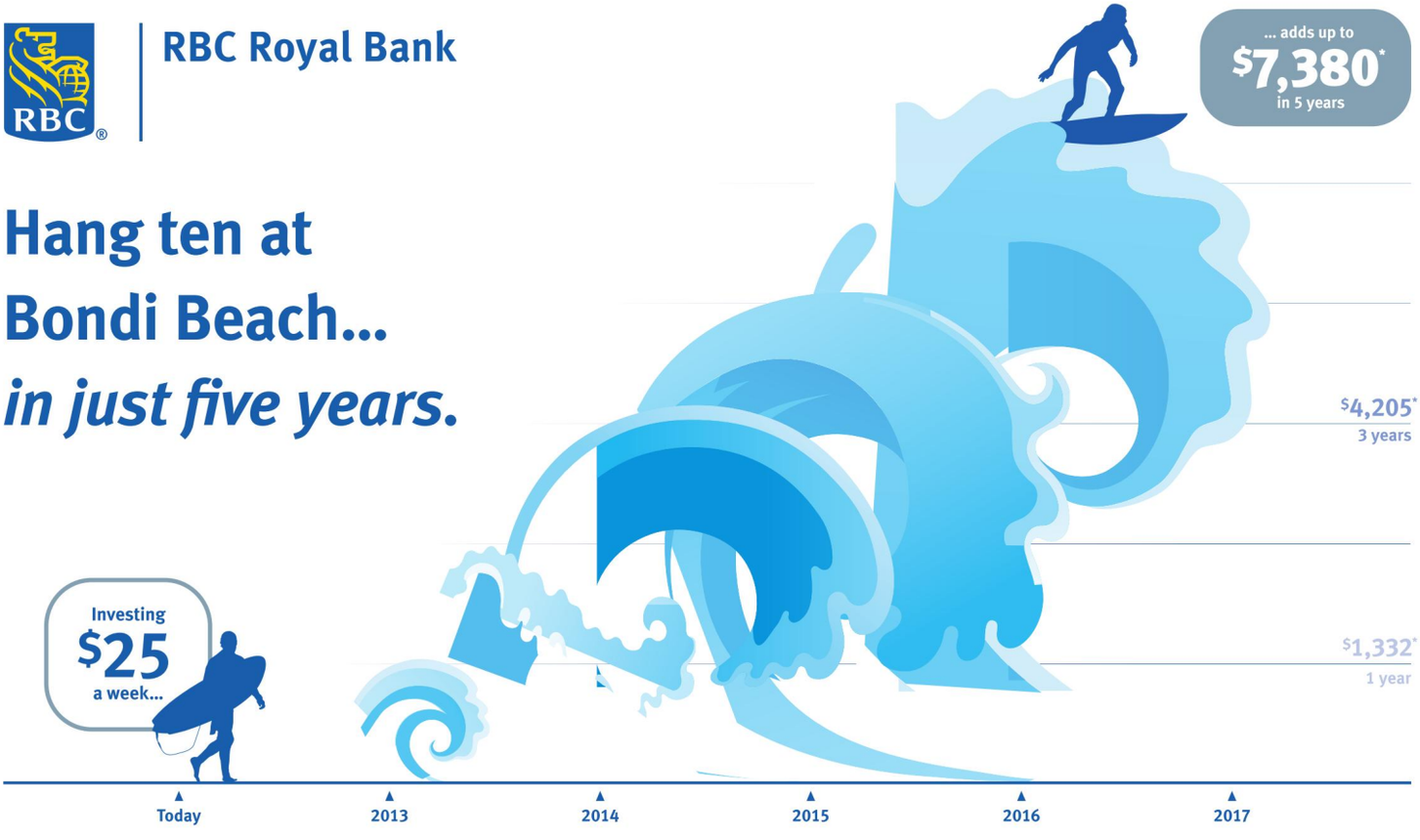

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More than 5,000 protesters have been killed, and so have some 400 children, according to the United Nations ◗ A four-month-old was reportedly tortured to death ◗ When will the world take action?

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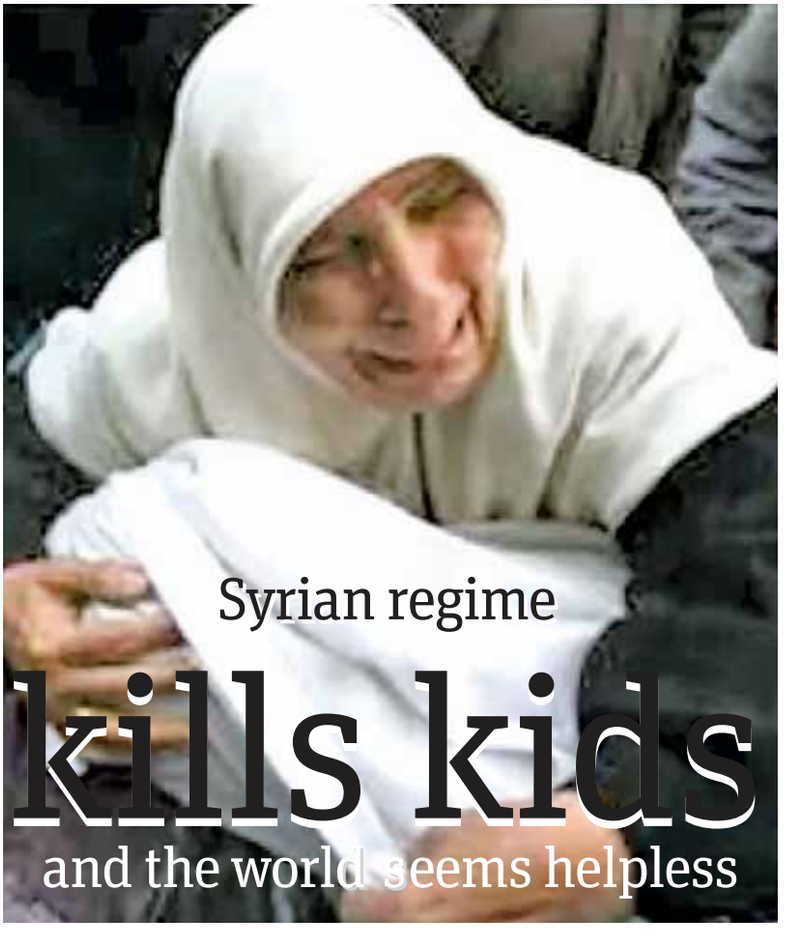

Syrian regime kills kids and the world seems helpless

ELISABETH BRAW
METRO WORLD NEWS

Syrian security forces raided Amad's home several days ago and delivered a horrendous message.

Stop participating in anti-government protests or we'll take your baby, they told Amad's wife.

The threat was real. There are increasing reports of children being killed or tortured by President Bashar al-Assad's regime.

Since Syria's uprising began, more than 400 children have been killed, according to the United Nations.

This month, four-month-old Afaf Al-Sarakbi was taken by security forces. She was returned to her uncle — dead, bearing signs of torture.

In the city of Jisr al-Shughour, a seven-month-old baby was decapitated in front of his mother.

And a two-year-old died after being shot in the eye by soldiers.

Anna Neistat, a Syria expert at Human Rights Watch, said, "Many children have been killed and many others have been put in detention. The number of children in jail is horrendous."

Musa, a pro-democracy activist and father of two young sons, told Metro: "I went into hiding eight months ago and my wife and sons moved in with her parents. It's safer for them that way."

"How can anyone kill a child?" asked Amad, 31, who, like Musa, risked his life to speak with Metro.

Editor's note: The opposition activists' names have been changed for their protection.

Squeezing Syria

The international community is turning up the heat on Syrian President Bashar al-Assad.

- "We continue to see unacceptable levels of violence inside that country," U.S. President Barack Obama said on Jan. 17.
- King Abdullah of Jordan and the Arab League has called on Assad to step down.
- Several Arab states have proposed sending Arab League soldiers to Syria.
- The Syrian regime, meanwhile, has seen several high-profile members defect. Imam Ghalioun, a member of parliament, has fled to Egypt, and Gen. Mustafa Ahmed al-Sheikh has defected to the dissident Free Syrian Army.

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Emails joked about man's 'hacker' past

- Dotcom made light of his history to neighbours
- His firm, Megaupload, accused of illegal downloading

POOL/AGENCE FRANCE-PRESSE/GETTY IMAGES

Kim Dotcom

Two years ago, Megaupload founder Kim Dotcom joked in emails with his new neighbours in New Zealand about his bad-boy reputation before telling them his criminal past was behind him.

"I am a former hacker" who was once convicted of insider trading, he wrote, before going on to say "In all seriousness: My wife, two kids and myself love New Zealand and 'We come in peace.'"

Dotcom's emails came to light Wednesday, the same day a New Zealand judge denied him bail after his arrest on U.S. accusations of copyright infringement.

An Auckland judge denied Dotcom bail pending a hearing Feb. 22 on his possible extradition to face trial in the United States, saying Dotcom poses a flight risk. Dotcom, 38, insists he is innocent.

New Zealand police arrested three other Megaupload employees last week on U.S. charges that they facilitated millions of illegal downloads of films, music and other content, costing copyright holders at least $500 million in lost revenue. A fifth suspect has been arrested in the Netherlands.

Dotcom first developed a reputation as a computer hacker in his native Germany, where he was born Kim Schmitz.

In 2002, he received a 20-month suspended sentence after being found guilty of manipulating stock prices to earn himself $1.1 million.

In New Zealand, Dotcom leased a $24-million mansion in Coatesville, near Auckland, where neighbours said he and his family threw lavish parties and Dotcom zoomed around in luxury cars.

THE ASSOCIATED PRESS

Northern. Lights

▶ The aurora borealis puts on a show Tuesday near the city of Trondheim, Norway.

EMIL BRATT BORSTING/THE ASSOCIATED PRESS

Solar storm lights up the heavens

Stargazers were out in force in northern Europe Tuesday night, hoping to be awed by a spectacular showing of the aurora borealis, or northern lights, after the most powerful solar storm in six years.

Planting map rezoned to reflect warming

The official U.S. map of North American planting zones is being updated for a warmer 21st century.

It's the first time since 1990 that the U.S. Department of Agriculture has updated the planting guide and much has changed. Entire states such as Ohio, Nebraska and Texas are now in warmer zones.

The new guide also uses better weather data and offers more interactive technology.

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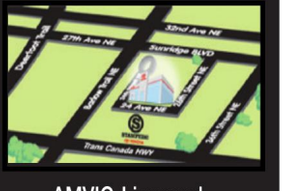

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Scotland's future in teenage hands?

Scottish leader aims to let youth vote in independence referendum that could see split from Britain

Scotland's leader has presented his proposal for a ballot on independence — and his ideas include letting 16- and 17-year-olds cast ballots in a vote that could see the breakup of Britain within four years.

First Minister Alex Salmond announced the Scottish government's preferred options for the vote on whether to sever ties from Britain, which it plans to hold in the fall of 2014. A "yes" vote would lead to independence taking effect with a May 2016 election for the Scottish Parliament.

Scotland and England united in 1707 to form Great Britain. Scotland gained significant autonomy after voting in 1997 to set up the Edinburgh-based Scottish Parliament, but some Scots want to go further and make the nation an independent country within the European Union.

"If a 16-year-old in Scotland can register to join the army, get married and pay taxes, surely he or she should be able to have a say in this country's constitutional future?"
SCOTLAND FIRST MINISTER ALEX SALMOND

Salmond told Scottish lawmakers in the Edinburgh assembly Wednesday that the ballot would ask: "Do you agree that Scotland should be an independent country?"

But he said it could also include a third option, backing increased autonomy short of full independence. And he said the voting age should be lowered from the current 18.

Salmond, who leads the separatist Scottish National Party, said independence would bring "a new and more modern relationship between the nations of these islands — a partnership of equals." **THE ASSOCIATED PRESS**

Bahrain. Protest

▶ A Bahraini anti-government protester gestures in front of riot police on Wednesday.

JAMALI HASAN/THE ASSOCIATED PRESS

The people versus the government of Bahrain

Security forces in Bahrain have fired tear gas and stun grenades after opposition groups staged a rare march into the centre of the capital of Manama.

Publisher holds off on Mein Kampf

A British publisher says he's putting on hold plans to print excerpts of Adolf Hitler's infamous memoir Mein Kampf in Germany under threat of legal action from the state of Bavaria.

In a notice posted Wednesday on the website of his weekly magazine Zeitungszeugen, publisher Peter McGee said his plans to reproduce three 16-page segments of Mein Kampf were being postponed as he sought "legal clarity."

In the meantime, he says he'll print commentary on the book along with the regular magazine, which reproduces historical newspapers from the Nazi era alongside expert analysis.

Bavaria, which holds the rights to Mein Kampf in Germany, said McGee's original plans violated copyright laws. **THE ASSOCIATED PRESS**

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Google's data plans draw fire

Company could use the information for targeted advertising • Critics say the new plan violates privacy

ANTHONY JOHNSTON
@METRO.LU
METRO WORLD NEWS IN LONDON

Google's announcement that it will merge a user's data across its websites into one profile has sparked accusations that the web giant could be breaching people's privacy.

Under plans to come in force on March 1, a person's search results across all Google products, including search, Gmail, Google+ and YouTube, will be collected into one single database, which the company could use for its targeted advertising.

For example, if you watched a YouTube video clip of Manchester United, ads of Man United tickets could appear in your Gmail or Google+ account.

But critics see this new policy as very worrying, suggesting for example a person's confidential details on health and lifestyle could be saved in Google's bank of data and used across its websites.

"There is no way anyone expected this," Jeffrey Chester, executive director of privacy advocacy group the Centre for Digital Democracy, told the Washington Post.

"There is no way a user can comprehend the implication of Google collecting across platforms for information about your health, political opinions and financial concerns."

Google claims that the new privacy policy will give the company a better idea of what users are interested to know when they search online.

"If you're signed into Google, we can do things like suggest search queries, or tailor your search results, based on the interests you've expressed," Alma Whitten, Google's director of privacy, product and engineering, wrote in a blog post.

"In short, we'll treat you as a single user across all our products, which will mean a simpler, more intuitive Google experience."

Facebook. Timeline

▶ Facebook CEO Mark Zuckerberg shows the website's new Timeline feature during the f/8 conference in San Francisco last September.

PAUL SAKUMA/THE ASSOCIATED PRESS

New profile just a matter of time

Facebook will switch all 800-million users to its new Timeline profile format over the next few weeks, the company announced in a blog post Tuesday. The rush to convert users to the new format began after the social network announced 60 new Timeline apps last week.

Canada's job market weakest in years: CIBC

Canada's job market is in bad shape and may be the worst it has been in decades, except for the periods when the economy was in recession.

CIBC's "employment quality index" says not only has jobs growth stalled over the past half year, but the quality of new jobs is generally poor. THE CANADIAN PRESS

Rogers plans response to throttling allegation

Rogers Communications is studying tests by the CRTC that indicate it has been slowing some Internet traffic in violation of rules governing the practice.

However, Rogers spokesperson Patricia Trott said Wednesday the telecom company doesn't believe it has broken any rules.

"Our network engineers are looking at the test results from the CRTC," Trott said.

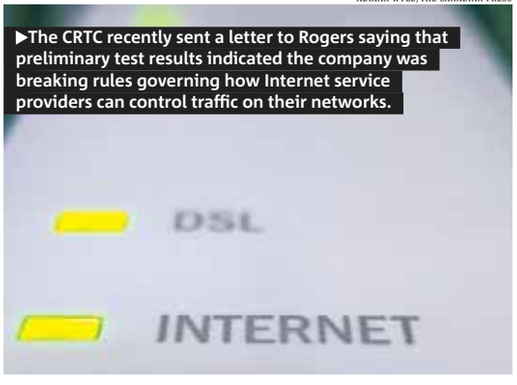
"Our only goal in network management is to deliver a good experience for customers and we believe we are in compliance with CRTC regulations."

The Canadian Gamers Organization had made the complaint to the CRTC.

"If it goes to a hearing, the CRTC could file an order with the courts to force Rogers to reimburse affected customers," Jason Koblovsky said in a recent post on the group's website.

"This is a big win for not just Canadian Internet users but also for game developers, who have also been extremely frustrated with the use of throttling," said Koblovsky, the organization's co-founder.

ADRIAN WYLD/THE CANADIAN PRESS



▶The CRTC recently sent a letter to Rogers saying that preliminary test results indicated the company was breaking rules governing how Internet service providers can control traffic on their networks.

Trott said Rogers will respond to the allegation by a Feb. 3 deadline set by the federal regulator.

The Canadian Radio-television and Telecommunications Commission recently sent a letter to Rogers saying that preliminary test results indicated the company was breaking rules governing how Internet service providers can control traffic on their networks.

"Failure to provide a meaningful rebuttal or an effective plan will result in my recommendation to commissioners to hold a show-cause hearing," Andrea Rosen, the CRTC's chief compliance and enforcement officer, said in the letter.

THE CANADIAN PRESS

Market moment

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HE SAYS ...

JOHN MAZEROLLE
METRO

As a Boston Bruins fan this might just be the Stanley Cup champagne talking, but it's possible I'm the only left-leaning person who's OK with goaltender Tim Thomas showing he also likes to play right wing.

In case you're exhibiting concussion-like symptoms and don't know what I'm talking about: The Boston Bruins were invited to the White House this week, but their MVP Thomas decided to stay away and have a Tea Party instead.

In a statement that showed he likes capitalization more than the Capitol, he said that the U.S. government had "grown out of control" and that he had made his decision "as an INDIVIDUAL."

"It's an interesting thing to discover that one of your heroes is your political opposite. It's a bit like discovering that Stephen Hawking has a Confederate flag in his bedroom or Rowlf the Dog is a Scientologist."

The media's reaction? Well, you think the Gadhafis were harshly criticized …

To be fair, Thomas' statement was vague, which left it open to interpretation. A reader might guess that he doesn't recognize the divine provenance of the Los Angeles Kings, believes it's his right to defend his crease with a gun, and thinks that Mario Lemieux is the best Freedom-Canadian player ever.

Here's what some media members actually said: He should turn in his U.S. medal from the Olympics. He hates the troops. And he may be a racist. All this while most were mocking his views as extreme.

The only people who seemed to support him were right-wingers who were happy to pile onto Obama.

It's an interesting thing to discover that one of your heroes is your political opposite. It's a bit like discovering that Stephen Hawking has a Confederate flag in his bedroom or Rowlf the Dog is a Scientologist. You admire them for reasons totally beyond what their politics are, and you're not sure how to process it when given the new information.

Fortunately for me, I'm a militant free-speech guy (and God knows I've got enough friends who are part of the flu-shots-kill-but-bin-Laden's-alive extreme left.)

I've got a good head start with cognitive dissonance, because I have two other heroes whom I disagree with on just about everything but who are good at what they do and live their lives with integrity. I call them "Mom" and "Dad."

So I don't care that Thomas took his stance and I would argue over a beer, rather than commiserate. In the sports realm, he's a thoughtful, polite and intelligent interview, and on the ice he's already proven he's one of the best players in the world.

Thomas has done his bit for king and country. So to speak.

Read more of John Mazerolle's columns at metronews.ca/hesays

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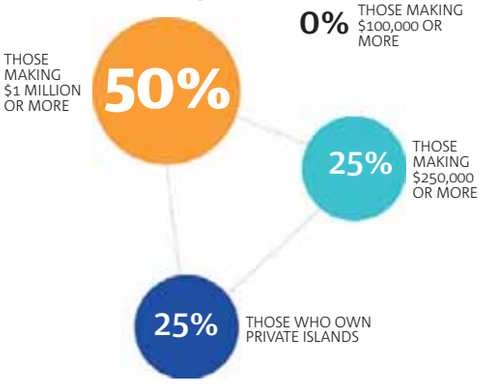
Who is the one per cent?



Local tweets

- **@hydec:** Most amusing to me about hotly-contested #yycbike share debate in #yyccc is that I'm currently sitting in the tunnel. #havoc
- **@musicbaum:** I don't care what #yyccc says. I'm not sharing my bike with nobody. And yes I know that's a double negative.
- **@JustinWollin:** Hey #yyc, who remembers Darr Maqbool?.. I'm not sure what reminded me of him, but the weather always seemed more accurate with a sweet beard
- **@LHLiveLaughLove:** I am 100% behind the new drinking and driving laws coming into #yyc
- **@carleighbh:** Hate how when I left for school this morning it was cold enough for my winter jacket, but now going home I'm too hot #yyc #yycweather
- **@JennLutz:** Good coffee... so close yet so very far away... Someone ought to open a killer #coffee shop in the far west end of downtown #yyc.
- **@EvanescentsInc:** Light at the bottom of the hill in Evanston #yyc I curse you everyday! Could you be any longer? #frustrateddaily

GETTY IMAGES

On high alert in Tahrir

One year since the revolution

CAIRO, EGYPT. Thousands of Egyptians flocked back to Tahrir Square to mark the first anniversary of the start of the revolution that ousted authoritarian leader Hosni Mubarak. But the mood in the square was far from just celebratory amid fear that violence could erupt between protesters and the military. MWN

Military still calling the shots

TENSIONS. Why has there been more frustration than celebration? Tensions have been simmering between pro-democracy activists and the military. December saw nine dead and hundreds injured after a crackdown on antimilitary protesters. The military council has pledged to transfer power to a civilian government by July 1. MWN

Egypt today

- **Islamists coming to fore:** Muslim Brotherhood's Freedom and Justice Party wins last week's lower-house election.
- **Ailing Mubarak in the dock:** Ex-leader's trial on corruption and ordering deaths of protesters continues.

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2 scene

Garth Brooks

An Oklahoma hospital in Garth Brooks' hometown must pay $1 million to the country singer because it failed to build a women's health centre in honour of his late mother, jurors ruled Tuesday evening.
THE ASSOCIATED PRESS

'Graceland' revisited: Sundance doc traces success, fallout of Paul Simon's smash album

Continuing to give back

Big Brother mentor hosts Calgary's first big band fundraiser ● Raising money for city kids

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY

Latif Jamani was so inspired by Big Brothers Big Sisters of Calgary that he decided to do more than mentor.

Although he's worked with children for nearly a decade, Jamani started volunteering with Big Brothers Big Sisters just six months ago after hearing from a friend how badly the organization needed big brothers.

"I was raised to give back to the community by getting involved," shares Jamani, but he's going above and beyond by hosting an unprecedented event called 18 Degrees of Jazz.

BIG BROTHERS BIG SISTERS OF CALGARY AND AREA

▶ Held on Feb. 25, 18 Degrees of Jazz is the first event of its kind for Calgary.

Details

Need to know

Background Corporations can mentor school children during the day through Big Brothers Big Sisters. The greatest need is to match waiting little brothers with big brothers.

"There wasn't really an event like this in the city," explains Jamani, who says during a night out with friends that "we created what we wanted to see and then got serious about the event."

Inspired by their love of the genre, they knew they wanted to do a big band event, hence the name 18 degrees, which references the 18 piece big band from Calgary Jazz Orchestra that will be performing at the Feb. 25 event held at Hotel Arts. Heading up the band is legendary Johnny Summers, who insisted on having a high school jazz band open up for the orchestra in order to showcase Calgary's talented youth, as well as, show people what a difference mentoring makes in a young life.

Not only is it the first event of its kind in Calgary, but it's also the first major event Jamani (who owns Calgary Products Lighting Company) has put together.

Lorna Carlson, Director of Resource Development and Communications for Big Brothers Big Sisters, explains what this kind of effort means to the organization and the children they serve.

"Our volunteers impact the direction and future of children and youth every day. Latif has taken it a step further with his passion and hard work and for that we are extremely grateful and proud to have him as a Big Brother."

Carlson goes on to say the funds raised from the event go towards reaching more children and youth.

Tickets are $79.

To purchase tickets, visit 18degreesofjazz.com.

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Heigl's 'Plum' role

Heigl gets tough playing bounty hunter Stephanie Plum in One for the Money

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DONNA WARD/GETTY IMAGES

▶ Katherine Heigl says One for the Money will appeal to men and women.

Playing Stephanie Plum — a lingerie saleswoman turned bounty hunter — in One for the Money has taught Katherine Heigl one thing: She likes to shoot stuff.

"I really enjoyed it because it was super-satisfying and cathartic on some level," she says of the gunplay she did for the film.

"It was fun, I had a good time. I started wanting to go to the gun range regularly.

"And then I started shooting clay pigeons with [husband] Josh [Kelly]. I really like to shoot things. Who knew?"

Not that firearms are necessarily new to her, but the work on this film added a new level of reality to it for the former Grey's Anatomy star.

"I mean, I've been wielding guns in films since I was 15 but they're fake and there's no actual bullet in them — we hope," she says.

"So they took us to a shooting range to practice, because there are certain things you're not supposed to do — like blink when you shoot, but it's impossible not to blink, it's really hard — and it was really intimidating and nerve-wracking the first time they put a loaded gun in your hand. Plus they've just given you a 20-minute spiel about all the dangers of this gun, so you're sort of freaking out."

But clearly she got over that.

All that shooting is aimed at attracting a more diverse audience than your usual romantic comedy fare — especially since the movie is based on one of 17 books in the Stephanie Plum series by the author Janet Evanovich.

Clearly there are hopes for a franchise.

"I think what's sort of interesting about the books is they all have a murder-mystery tie-in, with the bounty hunting aspect of it.

"So it's not all just about romance, it's not all just about comedy," Heigl says.

"The murder-mystery storyline is kind of dark and a little edgy and gives it a vibe that is not purely chick-flick-ish.

"I'm really excited about it because it does appeal to everyone, it isn't just a girl's movie. I think that we're working hard to advertise it so that everyone knows that it's a good time for everyone — men and women included. Tough men. Tough men will love this movie," she adds with a laugh.

Guns and tough guys aside, in the end, the one detail that Heigl and her co-producers agonized over the most was her hair.

"She's brunette. Her look is very specific in the book, and once you get attached to that idea in your head I couldn't imagine Stephanie any other way," Heigl says.

"It was disconcerting, I think, for certain fans to see me as a brunette, and then it was disconcerting for fans of the books to imagine me as Stephanie because I'm blonde and blah blah blah.

"So I dyed it brown before we started filming, trying to get people on board.

"And then I ended up just wearing a wig because I don't have curly hair and Stephanie does.

"And then I went back to blonde while promoting the movie, so I didn't really think it through, but hopefully it people will buy it," Heigl adds.

Did Demi suffer seizure?

Embattled star enters rehab Report claims she's being treated for anorexia

ALL PHOTOS GETTY IMAGES

Demi Moore

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Demi Moore has entered rehab after being rushed to the hospital Monday night for an alleged prescription pill overdose, according to TMZ.

Despite a frantic 911 call and an ambulance dispatched to Moore's home, the actress' reps insist Moore's trip to rehab is for "exhaustion" and nothing more.

"Because of the stresses in her life right now, Demi has chosen to seek professional assistance to treat her exhaustion and improve her overall health," her reps say in a statement.

"She looks forward to getting well and is grateful for the support of her family and friends."

Radar Online reports that actually, Moore had a seizure before she was rushed to the hospital and is now being treated "for anorexia, as well as other issues," a source told the site.

Meanwhile, on the same night she had her breakdown, her estranged husband, Ashton Kutcher, was seen partying with a bevy of beauties at a Bruno Mars concert in Brazil.

It's interesting, isn't it? We spend a lot of time (and editorial space) idolizing these celebrities. We're green-eyed about their wealth, beauty and success.

But whoa — when they crash, they really, really crash. We might not be as thin or as rich, but we normals seem to be able to handle life's problems with a bit more ease.

And really, Demi. Don't let someone as dumb as Ashton Kutcher bring you down. You can — and will — do better.

Celebrity tweets

@rickygervais

For my 2000th tweet, I give you my favourite ever quote from a "fan" "I used to love Ricky Gervais, but he ruined Extras for me" Amazing.

@victoriabeckham

I'm addicted to kale!! wash, break into small pieces, sprinkle a little salt and roast, it's so good and amazing for u!!!

@Joan_Rivers

Cooper's 10 year-old friend Russell tries to do stand-up comedy so I do what any loving, supportive Grandma would do: I heckle the kid.

@denisleary

Man marries dead girlfriend. I give it 3 weeks before she says "you seem so distant."

Valentine's day wedding bells?

Britney Spears and fiancé Jason Trawick are reportedly planning to get married on Valentine's Day in Maui, according to Hollyscoop.

And just in time for her to tie the knot, Spears' dad is reportedly ready to end his conservatorship, which leaves him in control of decisions affecting her personal and professional life.

"Jamie wants to go to court in early February so Britney will be a free woman in every sense when she marries," a source says, though some predict that the conservatorship will remain in effect for her business affairs.

METRO

Britney Spears

Seal and Heidi

Behind Heidi Klum's decision

Heidi Klum's decision to separate from husband Seal was apparently motivated by wanting to escape his "diva" behaviour, according to Hollywood Life.

"Heidi's first priority has always been her marriage, but she felt like Seal wasn't meeting her halfway," a source says.

"She had to take drastic measures to show Seal she wouldn't put up with his behaviour anymore. Raising happy and healthy kids is now her No. 1 priority."

The source adds that divorce might not actually be inevitable at this point.

"I could see Heidi threatening Seal with a divorce because he thought she would never do such a thing," the source says.

"This may push Seal to finally get the help he needs to deal with his temper in a more constructive manner."

METRO

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3 life

Trend of the week

Winter whites
We've not only been spotting white jeans on the streets of London and New York but on many an editor during the men's runway shows in Milan this past month.. MWN

Toronto-based Wesley Badanjak named new designer for Basch label

CONTRIBUTED

Las Vegas: Lingerie model or call girl?

CONTRIBUTED

Russia: Models as acrobats...

CONTRIBUTED

...and little Russian hip hop dancers.

CONTRIBUTED

Stockholm: Sheer simplicity

CONTRIBUTED

Brazil: Runway finale beauty

Worldwide fashion weeks

On any given day, somewhere in the world, a fashion week is likely taking place
We look some of the weird, random and genuinely cool ones

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The month of runway shows in the big four fashion capitals are just a week away. But New York, London, Milan and Paris are hardly the only cities to put their local talent on show. With each year, the calendar of global fashion weeks seems to multiply with a runway show taking place for every scene you could possibly imagine. Because even dogs deserve a chance to strike a pose.

THE WACKY

New York Pet Fashion Week

Manhattan is a city filled with doggie spas, so it's sadly not surprising that it would be home to a fashion week devoted to fashionable four-legged Prada lovers. It's a reality television series waiting to happen with painfully pruned pooches in bows, crash helmets, sunglasses, floral skirts and even full tuxedos — probably cursing their owners as they trot down the runway.

China Fashion Week

The dramatic effects such as smoke and lighting displays are worthy of a Broadway musical. The costumes range from traditional-inspired robes to sci-fi-style looks of Lady Gaga proportions. We mean a birdcage on a model's head.

CRAZY

Colombia Moda Para El Mundo

This one is the trashy sister fashion week of Colombia Moda. That means plenty of silicon boob implants, bootylicious bums and bursting bee-stung lips. Did we mention that the most recent Columbia Moda Para El Mundo even saw a pile of fake cocaine on the runway?

Russian Fashion week

Considering that the country is known for the export of vodka, oil oligarchs and fur-clad brides, it would be a mistake to expect Russia to have a low-key week of fashion. Take the designer YanaStasia, who turned the runway into a playground for gymnastics, a mock marriage proposal and dancing kids. See?

LEGITIMATELY COOL

Stockholm and Copenhagen Fashion Weeks

The Scandinavian brands seem to have a knack for simplicity. The obvious examples are Acne and Cheap Monday. But there's also a crop of new designers such as Odd Molly and Dagmar, showing that there's more to Swedish fashion than just denim. Across the border in Denmark, Anne Sofie Madsen, who worked with creative geniuses John Galliano and Alexander McQueen, is proving to be a real trailblazer.

Istanbul Fashion Week

With its rich history and traditions, it's not surprising that Istanbul Fashion Week is showing its might. Two such names are Atil Kutoglu, who can name-drop Naomi Campbell as a client, and Arzu Kaprol, who has already debuted a collection in Paris. With its heritage meets European aesthetic and burgeoning economy, Turkey has the potential to become a fashion empire.

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Check out our latest offer on page 29

Jeanne Space

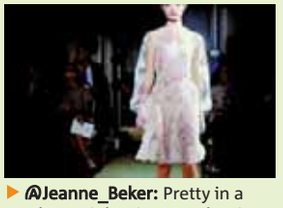
@Jeanne_Beker: **Voila les invitations! In Paris and the magic's begun. Going to be "un semain plein d'inspiration!"**

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker: Stellar couture perfection from @Versace. THIS is what it's all about!

@Jeanne_Beker: Plum perfection at Dior. Designer Bill Gayten really shines in this couture collection....

@Jeanne_Beker: Glam/deco/punk... Tisci's Givenchy offering is a jaw+dropping collection of only 10 garments...



@Jeanne_Beker: Pretty in a sheer pink print, at Valentino. SO different from the edgy fare we've seen this week.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

Return to slender

THE KIT

By Deborah Fulsang

Look 10 pounds slimmer instantly with the artful and expert wardrobe advice of Style by Jury's David Clemmer

Style by Jury's David Clemmer

Top tip to look slimmer?

"The most important thing is the right bra and underwear, or in some cases the right body shaper with extra bust and butt support. It doesn't matter how much you spend on a sweater or what fabulous fabric it's made of, if you're not wearing the proper bra in the proper size, your boobs can sag and make your upper body look boxy and shapeless. A good, supportive bra lifts the bust, allows the waistline to show and creates curves."

How does the approach differ if you're a size 8 versus 18?

"Always wear clothes that show off your shape — regardless of your size. Wearing an outfit that is even slightly oversized will make you look like you've gained five pounds and then some. Fabric choice is also important. Avoid those that cling and stretch into your curves (or rolls). Remember that shiny fabrics reflect light and make objects appear larger. Look for lightweight wools and denims, and keep the silhouette simple."

GET ALL THE LATEST BEAUTY KNOW-HOW AT THE KIT INTERACTIVE MAGAZINE, AT THEKIT.CA.

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SHOPPERS DRUG MART

A little va-va-voom for your living room

Style guru Karl Lohnes tells us how to add colour to a neutral space ◆ Harness your own 'je ne sais quoi'

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Q: I have a living room that is decorated with neutral colours. I'd like to integrate some colour but don't know what type, how to start and how much to add.
S. Smith, London, Ont.

A. Adding colourful accessories to a neutral room is a great way to make it look fashionable and follow some trends without breaking the bank.

First off, determine what your neutral is and work with it. Your 'neutral' could be one of many: crispy white, cream, mossy green, grey, tan are a few of the common neutrals.

Each of these works best with certain strong colours. For instance, lime green works best with cool, sharp, clear neutrals like white, grey or dark brown but is not so good with cream, tan or mossy green.

Trend colours to go with white or grey include citrus colours like lime, orange and yellow.

The best accent colours to complement tan are moss and cream along with rich blues and claret reds or purples.

Easing colour into your room with small accessories (pillows, candles and art) is the simplest way to start. Layer the colour in a few lighter and darker tones; it will give you flexibility when shopping so you don't have to worry about always finding that 'perfect colour.'

Want make a colour look even better? Add in one or two accessories that are opposite on the colour wheel to bring them to life.

For instance, if lime green is your new colour then add a few orange-tones colours to help make the green stand out.

Large ways to add colour (rugs, new paint on a focal wall, curtains) are investments to the room.

Just how much colour should you add to a neutral room? I like the 70/neutral 30/colour rule; that way you won't have too much or too little.

Bring it together

The big secret to adding larger, expensive accessories is to spend in the same category as your neutral furnishings; not more or less.

- For instance, if all your furnishings are from Ikea, then add value-driven accessories; not expensive, upscale items.
- Buy in the same style (modern, Art Deco, country) as your existing furnishings for a cohesive look.

CRATE & BARREL

▶ Citrus colours like orange, yellow and green are great choices to update a room with this season's trend colours.

VIBRATIONS AREN'T ALWAYS GOOD

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Dear Charles,
We have a Whirlpool Duet 4.5 cu. ft. front-loading washer and it sits on a Whirlpool manufactured stand. The washer actually moves as it vibrates very badly on spin cycle. Do you have any suggestions for reducing the vibrations?
Catherine
Orleans, Ont.

Dear Catherine,

Although it is normal for the washing machine to vibrate somewhat during the spin cycle in particular, it sounds like yours is vibrating too much.

Firstly, was the machine installed correctly?

Secondly, even if the machine was installed correctly, might it have been moved at some point by a family member or tradesperson trying to make a repair?

This would most likely throw off the original installation and calibration. Another consideration is whether or not the floor that the machine sits on level.

Lastly, when you load your washing machine, do you evenly distribute the items within the drum?
Once you address the above items, the only remaining option is to call Whirlpool and ask them if they have any other thoughts.

They are likely to suggest an appointment to come to your home and re-balance the machine. Please let us know what the outcome is and if and how the problem was solved. Good luck!

HAVE A QUESTION? SEND A MESSAGE TO ASKCHARLESTHEBUTLER@METRONEWS.CA

ISTOCK

▶ Tip: Your spin cycle shouldn't sound like a small plane is landing in your laundry room.

Tips for tiling a cool kitchen backsplash

It's always more fun to throw half-cooked spaghetti at shiny new tiles

DIY IDEAS

If your kitchen needs an update but you don't have the time or money to spend on a complete renovation, brighten it up with a backsplash. Not only will it add texture and colour, but it will help protect the walls from water, food and grease damage.

In every episode of Kitchen Impossible, host Marc Bartolomeo helps homeowners turn their kitchen makeover fantasies into realities.

Here's a few tips on how to tile your kitchen backsplash.

Surface preparation

Be sure that the drywall is secure. Fill any nicks or low spots by patching with drywall compound and sand to level.

Wipe the wall to ensure that the surface is free of dust, oil and residue. This guarantees a strong adhesive bond between the wall and tile.

Determine where to start

Measure the installation site to determine how many tiles you will need to purchase, as well as to locate the best place to start tiling.

It is best to hide cuts in corners and under cabinets, leaving the full tiles in areas that will draw the most attention.

Apply mortar

Begin spreading the glue or mortar with the flat side of a trowel to ensure good adhesion. Using the notched side of the trowel, go over the glue to remove any excess.

The size of the notches will be determined by the thickness of the tile, so be sure to check the manufacturer's recommendations.

Install tiles

Begin installing the first tile or sheet by working off the countertop surface. This will ensure the installation is level because the countertops would have been leveled when installed.

Place tiles in position as close as possible to avoid sliding tiles into place in the mortar.

Tap each tile once with a rubber mallet to ensure they have adhered properly to the mortar.

Make cuts

A dry cutter, wet saw or tile nippers may be used to fit around electrical boxes, cabinets, etc.

Tile saws can be rented at many hardware rental spots, saving you lots of time and stress throughout your renovation.

TUNE IN TO BACK-TO-BACK EPISODES OF KITCHEN IMPOSSIBLE FRIDAYS AT 10 P.M. ET/PT ON DIY NETWORK CANADA.

ISTOCK

▶ A good backsplash will protect your kitchen walls from water, food and grease damage — as well as sticky fingers.

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Weekly Cookbook

Cookies, bars and squares are ultimate comfort foods. With that idea in mind, Jill Snider created her Bake Something Great! cookbook (Robert Rose, 2011). It boasts 400 recipes for goodies such as Frosted Carrot Nut Bars, Cinnamon Raspberry Stacks, Rum Balls and Key Lime Coconut Macaroons.

Both novices and experienced bakers will find Bake Something Great! easy to use thanks to its directions complete with tips and variations. It is split into chapters that include Chocolate Bars and Squares, Drop Cookies, Shortbread, Shaped Cookies and Biscotti and more.

Bars you'll want to get behind

These yummy Apple Bars are a tasty alternative to pre-packaged, store-bought ones

Looking for a yummy dessert or addition for your kids' lunch bag to serve during these cold months?

Apples are a great way to go. This apple-based bar has the texture of a chewy brownie and goes well with a scoop of your favourite ice cream or yogurt for an extra special treat.

THE CANADIAN PRESS H/O

▶ This recipe makes 12 bars.

Preparation:

1. Topping: Peel, core and slice the apples about 1.25 cm (1/2-inch) thick. In a bowl, mix the sugar with cinnamon; add apples and toss to coat evenly. Set aside.
2. Cake: In a large bowl and using electric mixer, beat the butter with sugar for about 1 minute. Beat in the eggs and vanilla until smooth.
3. In another bowl, whisk together the flour, cinnamon, baking powder, baking soda and salt; slowly beat into the butter mixture at medium speed until well blended. Spread in greased 2.5 l (9-inch) square cake pan.
4. Drain any juices from apples that might have accumulated. Arrange the apples on top in four rows, slightly pressing into batter. Bake the mixture in a 180 C (350 F) oven for about 40 minutes or until cake tester comes out clean. Let pan cool on rack.
5. Icing: In a bowl, stir the icing sugar, milk and vanilla until smooth; thin with additional milk if needed. Drizzle over cake.

FOODLAND ONTARIO/ THE CANADIAN PRESS/ EMILY RICHARDS (A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients:

Apple Topping
- 2 large apples (such as Empire, McIntosh or Cortland)
- 15 ml (1 tbsp) granulated sugar
- 1 ml (1/4 tsp) ground cinnamon

Cake
- 75 ml (1/3 cup) butter, softened
- 250 ml (1 cup) packed brown sugar
- 2 eggs
- 5 ml (1 tsp) vanilla
- 175 ml (3/4 cup) all-purpose flour
- 3 ml (3/4 tsp) ground cinnamon
- 2 ml (1/2 tsp) baking powder
- 1 ml (1/4 tsp) baking soda
- 1 ml (1/4 tsp) salt

Icing (optional)
- 125 ml (1/2 cup) icing sugar, sifted
- 10 to 15 ml (2 to 3 tsp) 2% milk or 5% light cream
- 1 ml (1/4 tsp) vanilla

Sweet mingles with salty in delicious breakfast bars They're packed with flax seeds, almonds and more

Not only are these bars a healthy treat with the flavourful taste of almond butter and the crunch of whole almonds, but they're also an upper-body workout. Just like your morning routine, these bars are quick and easy to throw together, and take a bit of muscle power to pack tightly into shape.

THE CANADIAN PRESS H/O

▶ This recipe makes 16 bars.

Preparation:

1. Lightly coat a 9"x13" baking dish with non-stick cooking spray. In a large mixing bowl, gently toss the oats, rice, flax seeds, and almonds to combine.
2. In small saucepan, combine the fine sea salt, sugars, oils, honey, and almond butter. Bring to a simmer over medium-high, whisking any lumps of almond butter smooth, and cook for 2-3 minutes. Slowly pour mixture over dry ingredients while stirring; continue to stir until all of the ingredients are evenly coated.
3. Transfer entire mixture to prepared pan and firmly press into pan while still warm, taking care to evenly distribute whole almonds. Once evenly pressed into pan, sprinkle with 2 to 3 pinches of coarse sea salt and press perfectly flat (using a flat-sided meat tenderizer can be helpful, but not necessary). Let cool to room temperature.
4. Using a ruler, measure and score the bars in half lengthwise to approximately 4 ½" in length, and 1 ½" crosswise to make 16 bars; cut bars following scored lines. Trim edges if desired. Store in an airtight container up to one week.

NEWS CANADA/CREATED BY PASTRY CHEF JENNY MCCOY, OF CRAFT IN NEW YORK CITY, FOR ALMOND BOARD OF CALIFORNIA. VISIT ALMONDBOARD.COM FOR MORE RECIPES

Substitutions

Try these ingredients for an alternative twist.

- **Light brown sugar**
  Substitute maple sugar with 2 tbsp (30 mL) light brown sugar, if preferred
- **Canola oil**
  Substitute almond oil with 1/4 cup (60 mL) canola oil, if preferred.

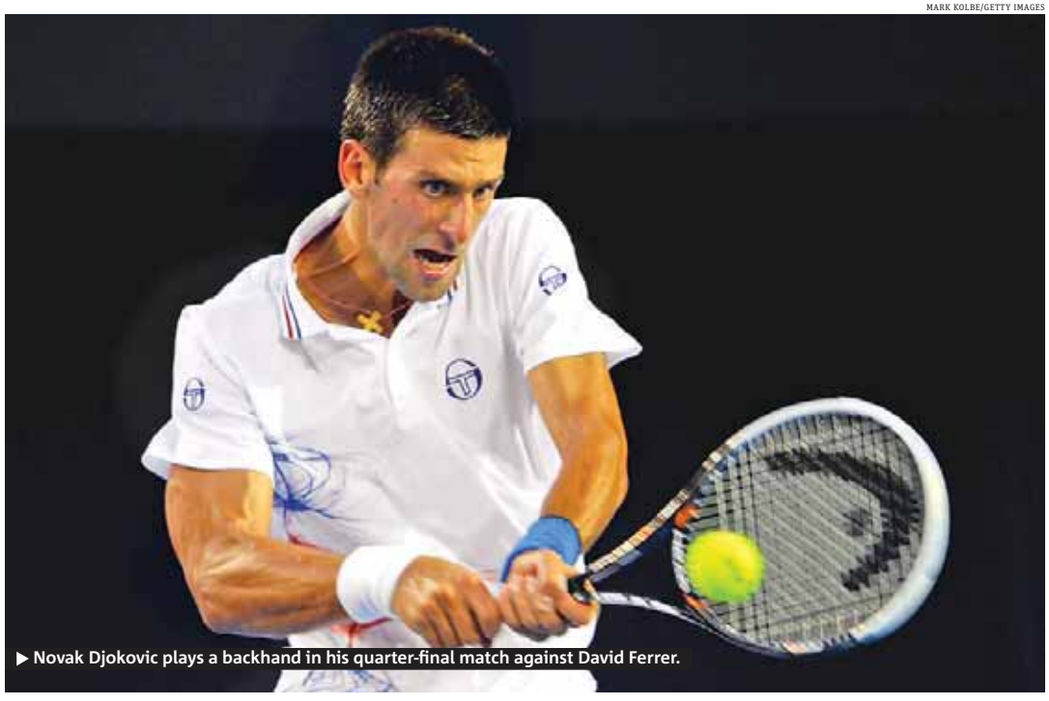
Ingredients:

- 3 cups (750 mL) rolled oats
- 4 cups (1 L) puffed rice (brown rice recommended)
- 1/4 cup (50 mL) flax seeds
- 1 1/2 cups (375 mL) whole natural almonds
- 1/4 tsp (1 mL) fine sea salt
- 1/2 cup (125 mL) light brown sugar
- 2 tbsp (30 mL) maple sugar
- 1/4 cup (60 mL) almond oil
- 1/4 cup (60 mL) canola oil
- 1/4 cup (60 mL) plus 2 tbsp (30 mL) honey
- 1/4 cup (50 mL) almond butter
- Coarse sea salt, for topping

And then there were four

Djokovic, Murray advance to join Nadal and Federer in Australian Open semifinals

MARK KOLBE/GETTY IMAGES



▶ Novak Djokovic plays a backhand in his quarter-final match against David Ferrer.

Appearing uncomfortable for much of the match, defending champion Novak Djokovic held on to beat David Ferrer 6-4, 7-6 (4), 6-1 and complete a blockbuster semifinal lineup at the Australian Open.

He leads the top four men in tennis into the semis at Melbourne Park — Djokovic against No. 4 Andy Murray, who won his quarter-final match earlier Wednesday 6-3, 6-3, 6-1 over Kei Nishikori of Japan.

On Thursday, No. 2 Rafael Nadal plays No. 3 Roger Federer, the first time the two former top-ranked stars have met in a semifinal since the 2005 French Open.

It marks only the third time that the top four seeds have advanced to the semis at the Australian Open — previously it was in 1988 and 2005. It was also the 14th time at all Grand Slams since the Open Era began in 1968, but it has happened in three of the last four — after the U.S. Open and French Open last year.

Djokovic rubbed the back of his upper left leg on several occasions, looked on the verge of being physically sick in the second set and buried his head in towels several times during breaks. Late in the third set, a tired-looking Djokovic sat down on a linesman's chair during a line-call video challenge by Ferrer.

"I was lucky to get out of the second set, it was a big mental advantage to get two sets up," Djokovic said.

An hour after the match, Djokovic further played down the possibility of any injuries, saying: "I don't have any physical issues."

"I feel very fit and I feel mentally, as well, very fresh," he told his post-match news conference. "It's just today I found it very difficult after a long time to breathe because I felt the whole day my nose was closed a little bit. I just wasn't able to get enough oxygen."

Ferrer said he couldn't be sure if Djokovic was healthy — or not.

"You have to ask to him," Ferrer said, "he ran perfect all the match. Nothing special."

The Nadal-Federer semifinal matchup has been rarely possible because the pair held the top two spots for most of the time between 2005 and 2010, meaning they could only meet in the finals after being placed in opposite sides of the draw.

Djokovic said he'd be watching the Nadal and Federer match like any tennis fan.

"I will enjoy it from my couch. They're two out of four or five of the greatest players to play this game, they've been so dominant," Djokovic said. "Every time they play it's a treat. I'm going to have a nice dinner at home and watch them."

Murray, for his part, is also surprised to not be facing Nadal in the semifinals.

"It has been amazing, I pretty much drew to be in Nadal's half ... almost every Slam," Murray said. "I can't remember the last time I wasn't in his half of the draw. It's been a long time."

THE ASSOCIATED PRESS

Clijster ousted

Victoria Azarenka reached her first Grand Slam final and staked a claim for the No. 1 ranking when she beat defending champion Kim Clijsters 6-4, 1-6, 6-3 in the Australian Open semifinals on Thursday.

Plenty of all-star firsts in Ottawa

Dennis Wideman thought he'd been traded. Scott Hartnell worried he'd be facing a suspension.

What both men failed to consider was that their phone was ringing with an invitation to Sunday's NHL's all-star game at Scotiabank Place.

Wideman is among the most anonymous invitees. A seven-year pro, the Washington Capitals defenceman is in the midst of a career season, but got nervous when general manager George McPhee called him earlier this month to deliver what turned out to be great news.

"When he called me, I was like, 'Aw man, where am I going now?'" said Wideman. "I didn't know what was going on. But in my experience, when a GM calls you, it's usually not good news."

Hartnell's first all-star invitation comes in his 11th NHL season and is recognition for the great offensive season he's put together for the Philadelphia Flyers.

"It almost seems a little far-fetched at times."

PHILADELPHIA'S SCOTT HARTNELL, ON PLAYING IN THE ALL-STAR GAME

The 29-year-old was named as an injury replacement this week.

"I think of myself as a good hockey player, but you look at the all-star game and the names that have been there in the past ... and to think of yourself as part of that group is hard," Hartnell told the Philadelphia Daily News.

All but one of the league's top-15 scorers entering play Wednesday will participate in the event.

THE CANADIAN PRESS

Neal in for Ovie

Alexander Ovechkin, who decided to pull out of the all-star game after receiving a three-game suspension, was replaced by Penguins winger James Neal on Wednesday.

▶ Neal, who would have been a notable omission after entering the break with 27 goals, is also an all-star rookie.

4 sports

Quoted

"Chuck has a leadership quality about him ... He's just a coach that knows exactly how players are and what direction they need."

BALTIMORE RAVENS LINEBACKER PAUL KRUGER ON CHUCK PAGANO, PICTURED, WHO WAS NAMED THE INDIANAPOLIS COLTS' NEW HEAD COACH ON WEDNESDAY. THE 51-YEAR-OLD FORMER RAVENS DEFENSIVE CO-ORDINATOR HAD BEEN A CAREER ASSISTANT. HE'S THE FOURTH RAVENS DEFENSIVE CO-ORDINATOR TO GET A HEAD COACHING JOB IN LESS THAN A DECADE.

Scan code for more sports.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	47	31	12	1	3	132	96	66	15-5-0-2	16-7-1-1	7-3-0-0	W2
d-Boston	47	31	14	1	1	171	101	64	16-7-1-1	15-7-0-0	5-4-1-0	L1
d-Washington	48	26	19	1	2	136	137	55	18-6-0-1	8-13-1-1	5-4-1-0	W1
Philadelphia	48	29	14	2	3	162	142	63	11-7-1-2	18-7-1-1	6-3-0-1	W1
Pittsburgh	49	28	17	2	2	152	127	60	14-8-2-0	14-9-0-2	7-3-0-0	W7
Ottawa	52	27	19	4	2	157	160	60	14-9-0-1	13-10-4-1	6-4-0-0	L3
New Jersey	48	26	19	1	2	129	136	55	12-9-0-2	14-10-1-0	4-4-1-1	L3
Florida	48	22	15	5	6	122	136	55	11-5-1-6	11-10-4-0	3-2-3-2	L1
Toronto	49	25	19	3	2	151	147	55	14-8-2-2	11-11-1-0	6-4-0-0	W2
Winnipeg	50	22	22	3	3	124	143	50	15-8-0-2	7-14-3-1	3-6-0-1	L3
Montreal	49	19	21	2	7	130	134	47	9-10-2-4	10-12-0-2	6-2-0-2	W2
Tampa Bay	48	21	23	1	3	136	165	46	13-7-0-1	8-16-1-2	4-5-0-1	W4
NY Islanders	48	19	22	5	2	115	143	45	11-11-4-0	8-11-1-2	5-4-1-0	L2
Buffalo	49	20	24	3	2	119	149	45	11-9-3-2	9-15-0-0	2-7-1-0	W1
Carolina	51	18	24	5	4	130	159	45	13-11-0-3	5-13-5-1	5-3-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	50	33	16	1	0	160	117	67	20-2-1-0	13-14-0-0	9-1-0-0	L1
d-Vancouver	49	30	15	0	4	158	122	64	14-6-0-3	16-9-0-1	6-2-0-2	W2
d-San Jose	47	27	14	3	3	131	110	60	15-8-2-0	12-6-1-3	4-3-1-2	W1
St. Louis	49	29	13	1	6	124	102	65	21-3-1-3	8-10-0-3	7-1-1-1	L2
Nashville	50	30	16	3	1	140	127	64	16-7-2-1	14-9-1-0	9-1-0-0	W4
Chicago	50	29	15	3	3	162	144	64	19-6-1-3	10-9-2-0	5-3-2-0	L2
Los Angeles	50	24	16	4	6	111	111	58	14-11-0-4	10-5-4-2	5-2-1-2	W1
Minnesota	49	24	18	2	5	115	126	55	13-6-1-2	11-12-1-3	3-6-0-1	W2
Colorado	51	26	23	2	0	131	144	54	14-12-0-0	12-11-2-0	4-5-1-0	L2
Dallas	48	25	21	0	2	126	136	52	14-9-0-2	11-12-0-0	4-5-0-1	W1
Calgary	50	23	21	3	3	120	137	52	13-7-1-1	10-14-2-2	5-3-1-1	L1
Phoenix	50	22	20	3	5	130	134	52	10-9-2-2	12-11-1-3	3-4-1-2	W1
Anaheim	48	18	23	3	4	124	144	43	13-12-1-0	5-11-2-4	8-1-1-0	L1
Edmonton	49	18	26	1	4	122	142	41	12-8-1-2	6-18-0-2	2-6-1-1	L1
Columbus	49	13	30	1	5	115	163	32	8-13-1-2	5-17-0-3	3-6-0-1	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's result
Montreal 7 Detroit 2
Tuesday's results
Toronto 4 N.Y. Islanders 3 (OT)
Vancouver 3 Edmonton 2 (SO)
N.Y. Rangers 3 Winnipeg 0
Phoenix 3 Ottawa 2
San Jose 1 Calgary 0
Buffalo 2 New Jersey 1 (SO)
Dallas 1 Anaheim 0
Minnesota 3 Colorado 2
Nashville 3 Chicago 1
Philadelphia 3 Florida 2 (SO)
Pittsburgh 3 St. Louis 2 (SO)
Tampa Bay 4 Columbus 2
Washington 5 Boston 3
NHL ALL-STAR BREAK
At Ottawa
Today
All times Eastern
All-star Draft, 8 p.m.
Saturday
All-star skills competition, 7 p.m.
Sunday
All-star game, 4 p.m.
Tuesday, Jan. 31
Ottawa at Boston, 7 p.m.
N.Y. Rangers at New Jersey, 7 p.m.
Winnipeg at Philadelphia, 7 p.m.
Toronto at Pittsburgh, 7 p.m.
N.Y. Islanders at Carolina, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
Washington at Tampa Bay, 7:30 p.m.
Nashville at Minnesota, 8 p.m.
Detroit at Calgary, 9 p.m.
Anaheim at Phoenix, 9 p.m.
Colorado at Edmonton, 9:30 p.m.
Chicago at Vancouver, 10 p.m.
Columbus at San Jose, 10:30 p.m.

CANADIENS 7, RED WINGS 2

First Period
1. Montreal, Bourque 15 (Gomez, Diaz) 5:08
2. Montreal, Emelin 1 (Kostitsyn) 10:56
3. Montreal, Desharnais 8 (Cole) 17:58
4. Montreal, Plekanec 10 (Bourque, Kaberle) 19:33
Penalties — Eller Mtl (tripping) 5:45, Gill Mtl (hooking) 14:04, Kindl Det (hooking) 16:12, Subban Mtl (elbowing) 16:30.
Second Period
5. Montreal, Pacioretty 17 (Desharnais, Cole) 1:52
6. Montreal, Desharnais 9 (Pacioretty, Kaberle) 4:18 (pp)
Penalties — Ericsson Det (tripping) 3:27, Emelin Mtl (cross-checking) 6:33.
Third Period
7. Detroit, Hudler 14 (Helm) 0:21
8. Detroit, Hudler 15 (Commodore, Kronwall) 6:07
9. Montreal, Cole 19 (Eller) 18:37
Penalty — Ericsson Det (tripping) 8:11.
Shots on goal

Detroit	6	12	9	—27
Montreal	12	5	8	—25

Goal (shots-saves) — Detroit: Howard (L,30-11-1)(12-8), Conklin (0:00 second, 13-11); Montreal: Price (W,17-17-8).
Power plays (goals-chances) — Detroit: 0-4; Montreal: 1-3.
Referees — Frederik l'Ecuyer, Kelly Sutherland. **Linesmen** — Matt MacPherson, Derek Nansen.
Attendance — 21,273 (21,273) at Montreal.

LATE TUESDAY

CANUCKS 3, OILERS 2 (SO)

First Period
1. Vancouver, D.Sedin 21 (Burrows, Hamhuis) 10:24
Penalties — None.
Second Period
2. Edmonton, Horcoff 9 (Hall, Hemsky) 9:43
Penalty — Belanger Edm (hooking) 2:07.
Third Period
3. Vancouver, Booth 8 (Kesler, Higgins) 5:00
4. Edmonton, Hall 16 (Potter, Hemsky) 15:49 (pp)
Penalties — Petry Edm (hooking) 5:10, Hamhuis Vcr (interference) 14:58.
Overtime — No Scoring.
Penalties — None.
Shootout — Vancouver wins 2-1
Edmonton (1) — Eberle, miss; Gagner, miss; Hemsky, goal; Hall, miss, Horcoff, miss; **Vancouver (2)** — Edler, goal; Raymond, miss; Burrows, miss; Kesler, miss; Hodgson, goal.
Shots on goal

Edmonton	12	9	8	3—32
Vancouver	9	7	11	8—35

Goal — Edmonton: Dubnyk (L,7-11-1); Vancouver: Luongo (W,20-10-4). **Power plays (goals-chances)** — Edmonton: 1-1; Vancouver: 0-2.
Attendance — 18,890 (18,890) at Vancouver.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	26	32	58
Giroux, Pha	18	37	55
Ma.Hossa, Chi	20	33	53
Datsyuk, Det	14	39	53
Stamkos, TB	32	20	52
Lupul, Tor	20	32	52
H.Sedin, Vcr	11	41	52

Last night's game not included

NFL PLAYOFFS

PRO BOWL

Sunday's game
At Honolulu
All times Eastern
NFC vs. AFC, 7 p.m.

SUPER BOWL

Sunday, Feb. 5
At Indianapolis
New England vs. N.Y. Giants, 6:20 p.m.

LACROSSE

NLL

EAST DIVISION	GP	W	L	Pct.	GF	GA	GB
Buffalo	2	2	0	1.000	26	19	—
Rochester	2	1	1	.500	31	24	1
Philadelphia	2	1	1	.500	22	31	1
Toronto	2	0	2	.000	19	26	2

WEST DIVISION	GP	W	L	Pct.	GF	GA	GB
Colorado	3	3	0	1.000	46	38	—
Calgary	3	2	1	.667	37	32	1
Minnesota	1	0	1	.000	14	20	2
Edmonton	1	0	1	.000	12	13	2
Washington	2	0	2	.000	19	23	2½

WEEK FOUR
Tomorrow's games
All times Eastern
Rochester at Toronto, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
Saturday's games
Buffalo at Minnesota, 8 p.m.
Rochester at Colorado, 9 p.m.
Toronto at Calgary, 9 p.m.
Edmonton at Washington, 10:30 p.m.

TRANSACTIONS

BASEBALL

COMMISSIONER'S OFFICE — Suspended free-agent minor league LHP Dustin Richardson and free-agent minor league 1B Daryle Ward 50 games for violations of the Minor League Drug Prevention and Treatment Program.

AMERICAN LEAGUE

BALTIMORE ORIOLES — Agreed to terms with INF Robert Andino on a one-year contract.
BOSTON RED SOX — Agreed to terms with RHP Andrew Bailey on a one-year contract.
KANSAS CITY ROYALS — Agreed to terms with RHP Roman Colon on a minor league contract.
NEW YORK YANKEES — Agreed to terms with OF Andruw Jones on a one-year contract.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Agreed to terms with RHP Brad Ziegler on a one-year contract.
CINCINNATI REDS — Traded LHP Jeremy Horst to Philadelphia for INF Wilson Valdez. Agreed to terms with RHP Nick Masset on a two-year contract and UT Willie Harris on a minor league contract.
COLORADO ROCKIES — Agreed to terms with RHP Rafael Betancourt on a two-year contract.
ST. LOUIS CARDINALS — Agreed to terms with RHP Jason Motte on a one-year contract.
SAN FRANCISCO GIANTS — Named Bob Mariano manager of Fresno (PCL); Steve Kline pitching coach of San Jose (Cal); Mike Caldwell pitching coach and Nestor Rojas hitting coach of Augusta (SAL); Hector Borg coach of Salem-Keizer (NWL); Derin McMains manager, Michael Couchee pitching coach and Billy Horton hitting coach of the Arizona League Giants; and Steve Decker coordinator of minor league hitting instruction.

BASKETBALL

NBA

LEAGUE OFFICE — Suspended Phoenix C Robin Lopez one game for improper conduct towards a game official during Tuesday's game against Toronto.
CHARLOTTE BOBCATS — Exercised their fourth-year contract option on G-F Gerald Henderson.

FOOTBALL

NFL

LEAGUE OFFICE — Signed commissioner Roger Goodell to a contract extension through the 2018 season.
INDIANAPOLIS COLTS — Named Chuck Pagano coach.

CFL

CALGARY STAMPEDERS — Signed QB Drew Tate to a three-year contract extension.

HOCKEY

NHL

CHICAGO BLACKHAWKS — Assigned F Ben Smith and F Brandon Pirri to Rockford (AHL).
COLUMBUS BLUE JACKETS — Assigned LW Dane Byers to Springfield (AHL).
OTTAWA SENATORS — Reassigned D Mark Borowiecki and F Andre Petersson to Binghamton (AHL).
PHOENIX COYOTES — Assigned D Chris Summer, D Maxim Goncharov and F Marc-Antoine Pouliot to Portlnad (AHL).
ST. LOUIS BLUES — Assigned F Chris Porter to Peoria (AHL).
TAMPA BAY LIGHTNING — Reassigned D Evan Oberg, F Mike Angelidis, F Trevor Smith and F Pierre-Cedric Labrie to Norfolk (AHL).
WASHINGTON CAPITALS — Assigned F Cody Eakin to Hershey (AHL).
WINNIPEG JETS — Reassigned F Patrice Cormier and F Aaron Gagnon to St. John's (AHL).

AHL

NORFOLK ADMIRALS — Returned D Kevin Quick to Florida (ECHL). Released F Michael Pelech.

LACROSSE

NLL

WASHINGTON STEALTH — Signed F Brett Bucktooth.

SOCCER

MLS

COLUMBUS CREW — Named Brook Hamilton strength and conditioning coach.
D.C. UNITED — Signed D Emiliano Dudar.
NEW YORK RED BULLS — Signed G Jeremy Vuolo.
SEATTLE SOUNDERS — Added Sounders FC U-23 (PDL) to its youth development program.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Wednesday's results
Men's Singles — Quarter-finals
Andy Murray (4), Britain, def. Kei Nishikori (24), Japan, 6-3, 6-3, 6-1.
Novak Djokovic (1), Serbia, def. David Ferrer (5), Spain, 6-4, 7-6 (4), 6-1.
Women's Singles — Quarterfinals
Petra Kvitova (2), Czech Republic, def. Sara Errani, Italy, 6-4, 6-4.
Maria Sharapova (4), Russia, def. Ekaterina Makarova, Russia, 6-2, 6-3.
Men's Doubles — Quarterfinals
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto,** def. Santiago Gonzalez, Mexico, and Christopher Kas (12), Germ., 6-1, 6-7 (4), 6-2.
Junior Boy's Singles — Third Round
Filip Peliwo, Vancouver, def. Marek Routa, Czech Republic, 4-6, 6-3, 6-3.
Junior Girl's Singles — Third Round
Eugenie Bouchard (2), Westmount, Que., def. Christina Makarova, United States, 7-5, 7-5.
Junior Boy's Doubles — Quarterfinals
Andrew Harris and Nick Kyrgios (4), Australia, def. Pedja Krstin, Serbia, and **Filip Peliwo (7), Vancouver,** 6-4, 6-7 (6), 10-3 tiebreak.
Junior Girl's Doubles — Quarterfinals
Ilka Csoregi, Romania,and Elizaveta Kulichkova (3), Russia, def. **Eugenie Bouchard, Westmount, Que.,** and **Carol Zhao (8), Richmond Hill, Ont.,** 6-4, 6-2.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	16	4	.800	—
d-Miami	13	5	.722	2
Orlando	12	5	.706	2½
d-Philadelphia	12	6	.667	3
Indiana	12	5	.706	2½
Atlanta	13	6	.684	2½
Boston	7	9	.438	7
Milwaukee	7	10	.412	7½
Cleveland	7	10	.412	7½
New York	7	11	.389	8
New Jersey	6	13	.316	9½
Toronto	6	13	.316	9½
Detroit	4	15	.211	11½
Washington	3	15	.167	12
Charlotte	3	16	.158	12½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	15	3	.833	—
Denver	13	5	.722	2
d-L.A. Clippers	9	5	.643	4
d-San Antonio	12	7	.632	3½
Utah	10	6	.625	4
Portland	11	7	.611	4
Memphis	10	7	.588	4½
Dallas	11	8	.579	4½
L.A. Lakers	10	8	.556	5
Houston	10	8	.556	5
Minnesota	8	10	.444	7
Phoenix	6	11	.353	8½
Sacramento	6	13	.316	9½
Golden State	5	11	.313	9
New Orleans	3	15	.167	12

d-division leader

Last night's results
Cleveland 91 New York 81
Washington 92 Charlotte 75
New Jersey 97 Philadelphia 90 (OT)
Miami 101 Detroit 98
Milwaukee 105 Houston 99
Indiana 95 Chicago 90
Oklahoma City 101 New Orleans 91
Minnesota 105 Dallas 90
San Antonio 105 Atlanta 83
Toronto 111 Utah 106 (2OT)
Denver 122 Sacramento 93
Portland at Golden State
L.A. Clippers at L.A. Lakers
Tuesday's results
New York 111 Charlotte 78
Orlando 102 Indiana 83
Miami 92 Cleveland 85
Toronto 99 Phoenix 96
Portland 97 Memphis 84
Tonight's games
All times Eastern
Boston at Orlando, 8 p.m.
Memphis at L.A. Clippers, 10:30 p.m.
Tomorrow's games
Charlotte at Philadelphia, 7 p.m.
Indiana at Boston, 7:30 p.m.
New Jersey at Cleveland, 7:30 p.m.
Atlanta at Detroit, 7:30 p.m.
Milwaukee at Chicago, 8 p.m.
Washington at Houston, 8 p.m.
Orlando at New Orleans, 8 p.m.
San Antonio at Minnesota, 8 p.m.
New York at Miami, 8 p.m.
Utah at Dallas, 8:30 p.m.
Toronto at Denver, 9 p.m.
Phoenix at Portland, 10 p.m.
Oklahoma City at Golden State, 10:30 p.m.

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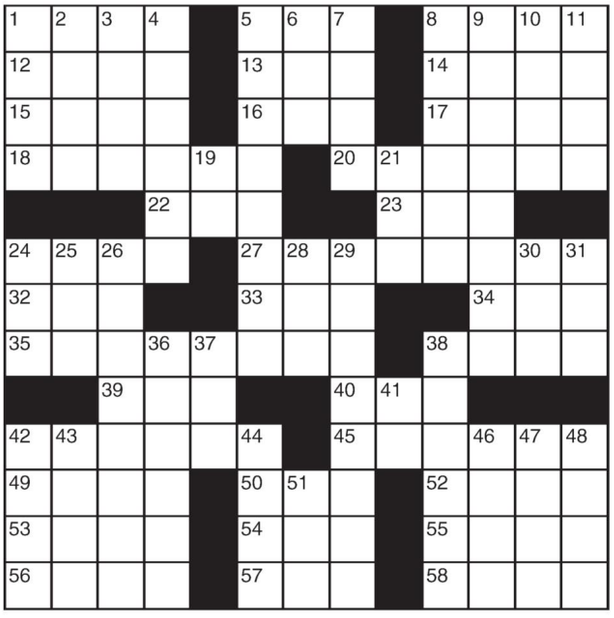
Crossword



Across

1 Put on layaway, perhaps
5 Fool
8 Capri or Wight
12 Appellation
13 Hockey legend Bobby
14 Blunder
15 Stonestreet of "Modern Family"
16 Keanu's "Matrix" role
17 One
18 Bounded
20 Jimmy Carter's Georgia home
22 Angry group
23 Hostel
24 React in horror
27 Loads, as software
32 Id counterpart
33 Old Olds
34 Fine, to NASA
35 Herring's cousin
38 Go back and forth
39 Fireworks response
40 Go blue?
42 French brandy
45 Fireplace area
49 Shrek is one
50 Mimic
52 Will be (Sp.)
53 Dispatch
54 Mainlander's memento
55 Not procrastinating
56 Fixes a skirt
57 Felon's flight
58 Iditarod terminus

Down

1 Change for a five
2 Distort
3 Eastern potentate
4 Leave suddenly
5 Sparrow or skylark
6 Exist
7 Item on stage
8 Tropical lizard
9 New family member
10 Pork cut
11 Salamanders
19 "Forget it!"
21 Torched
24 Jewel
25 Census statistic
26 Ultrasound image
28 Born
29 Author of "Finishing the Hat"
30 Mauna —
31 The air up there
36 Sweethearts
37 "Caught ya!"
38 Spring, for one
41 "As — sow ..."
42 Brit's blackjack
43 Lecher's look
44 Be an umpire
46 Gambling mecca
47 Decorate
48 Loathe
51 Shell game item

Yesterday's answer

S	A	F	E		S	I	N		S	P	R	Y
O	X	E	N		K	O	I		C	L	U	E
P	L	E	D	G	I	N	G		H	U	L	A
H	E	T	U	P			H	A	M	M	E	R
			R	O	T	C		L	O	B		
L	O	P	E		R	E	N	T		I	R	A
A	W	L		V	I	D	E	O		N	U	N
G	E	O		A	P	E	X		A	G	E	D
			T	A	N		S	T	E	W		
M	A	T	T	E	S			R	A	D	I	O
I	R	I	S		P	L	A	N	K	I	N	G
N	I	N	E		A	I	L		E	V	I	L
G	A	G	A		T	E	E		N	A	T	E

Sudoku

	6		2					
		1		6				7
		3		9	7	6	8	
		9						6
	1	5		7		9	4	
4						1		
	2	6	7	4		5		
1				3		2		
					8		9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

8	4	2	1	3	5	6	7	9
9	6	7	4	8	2	1	5	3
1	3	5	6	9	7	2	4	8
2	5	9	3	4	8	7	1	6
4	1	8	7	6	9	5	3	2
3	7	6	5	2	1	9	8	4
5	9	3	2	7	4	8	6	1
6	8	1	9	5	3	4	2	7
7	2	4	8	1	6	3	9	5

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

like ur face,
i miss ur face xoooo **ALWAYS**

Jeff,
Babe. Happy birthday! It would be our first time celebrate your birthday together. Wish many more to come. It's been joyful knowning you. Thank you for being there with me in the past 101 days with me. You make me :) **MEI**

Mr. 341
You are absolutely handsome. I have thee biggest crush on you!
SMITTEN PASSENGER

friend
oh well, well accepted role and back to reality willing to finish! Realized fooled no hope, no truly.Wish I was given another chance. My fault don't blame anyone but myself! In a lot of pain.
WHEN TO STARR

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -4° Max 5°	Min -5° Max 4°	Min -3° Max -2°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Don't get involved in a feud unless you know you can win it.

♉ Taurus April 21-May 21
Some situations change so fast that there is really no point in trying to direct events. Back off.

♊ Gemini May 22-June 21
Someone in a position of power will try to persuade you that a certain course of action is in your best interests. You know it isn't true.

♋ Cancer June 22-July 22 Today, you must ignore all of the exciting events happening in your world and focus on getting your money situation in better shape.

♌ Leo July 23-Aug.23
Someone seems to disagree with just about everything you say and do. Pretend he or she doesn't exist.

♍ Virgo Aug. 24- Sept. 22
Take care that you don't fall out with someone in a position of authority today. It's good politics.

♎ Libra Sept. 23-Oct. 23
Libras are tougher than they sometimes look and anyone who doubts that will learn today just how resolute and committed you can be.

♏ Scorpio Oct. 24-Nov. 22
For best results today, focus your energy on something creative that you can do on your own.

♐ Sagittarius Nov. 23-Dec. 21 Partners will follow your lead today, but only if you persuade them it is in their best interests.

♑ Capricorn Dec. 22-Jan. 20
You will be in a charitable mood over the next 24 hours but watch out you don't give too much away.

♒ Aquarius Jan. 21-Feb. 18
Go with the flow today and don't worry that you can't yet see your final destination. It'll be great.

♓ Pisces Feb. 19-March 20
Deep questions seem to be taking up a lot of your time, and that's good. They're the questions that really matter. **SALLY BROMPTON**

Caption contest

SUSAN MONTOYA BRYAN/ THE ASSOCIATED PRESS

KERSTIN JOENSSON/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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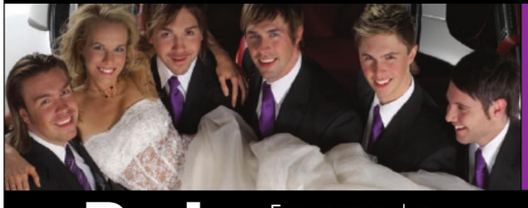

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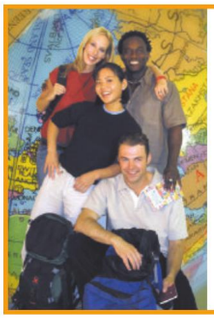

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